

OR HAMIDBAR

SPIRITUAL JUDAISM IN THE DESERT

1. V'ahavtah L're'acha Komocha

Hareini m'kabel alai, mitzvat ha'boreh, v'ahavta l're'acha kamocha

I take upon myself our Creator's commandment to love our fellow human beings as we would love ourselves.

2. Or Hadash – A New Light

Or hadash al Tzion tair, or hadash al Tzion tair, v'nizkeh chulanu bim'hairah le'oro

May You shine a new light upon Zion and may we all soon enjoy its glow.

3. Parshat Sh'mot - Exodus 2:3

וְלֹא יִכְלֶה עוֹד הַצְּפִינֹו וְתִקַּח לוֹ תֵּבַת גָּמָא
וְתַחְמְרָה בַּחֹמֶר וּבְזָפֶת וְתִשֶּׂם בָּהּ אֶת הַיֶּלֶד
וְתִשֶּׂם בְּסוּף עַל־שֹׁפֶת הַיָּרְדֵּן:

When she could hide him no longer, she got a wicker basket for him and caulked it with bitumen and pitch. She put the child into it and placed it among the reeds by the bank of the Nile.

4. Midrash Bamidbar Rabbah 23:4

...where is it shown a desert will be a settlement in the future?

It is so stated, "I will make a desert into a lake of water" (Isaiah 41:8).

...now there is no path there, as it is all sand. But there will be a path there in the future, as stated, "I will place a path in the wilderness and rivers in the desert" (ibid. 43:19).

5. Isaiah 43:19 - Af asim

Af asim bamid'bar derech bishimon n'harot.

I will even make a path in the wilderness and rivers in the desert.

6. Lecha Dodi

Lecha dodi likrat kala, p'nei Shabbat n'kabelah!

-Shamor v'zachor b'dibur echad, hishmi'anu el ha'meyuchad, Adonai echad u'shmo echad; L'shem ul'tiferet v'l'tehila.

-Likrat Shabbat l'chu v'nelcha, ki hi m'kor ha'bracha. me'rosh mi'kedem n'sucha; sof ma'aseh b'mach'shava t'chila.

-Bo'i b'shalom aberet isha, gam b'simha u'v'tzahala, toch emunei am s'gula, bo'i khala, bo'i kala.

Come my beloved and let us greet the Shabbat!

7. In the Lord - Tov L'hodot

Tov l'hodot l'Adonai ulzamer leshimcha Elyon, lehagid baboker chasdecha ve-emunatcha ba-leylot, tov l'hodot l'Adonai.

In the Lord, I'll be ever thankful, in the Lord I will rejoice! Look to God, do not be afraid; lift up your voices: the Lord is near, lift up your voices: the Lord is near.

8. Barchu

Bar-chu et Adonai ha-mevorach. Baruch Adonai ha-mevorach l'olam va'ed.

Praise Adonai, praised, now and forever.

9. Creation - Ham'ariv Aravim

Baruch ata Adonai, hama'ariv aravim.

Praised are You, Lord our God, who consistently brings about evening after evening.

10. Revelation - Ohev Yisrael

Baruch ata Adonai, Ohev Yisrael.

Praised are You, Lord our God, Lover of Israel, those who struggle.

11. Sh'ma

Sh'ma Yisrael, Adonai Eloheynu, Adonai Ehad.

Hear, O Israel: The Lord is our God, the Lord is One.

V'ahavta eyt Adonai Elohecha b'chol l'vavcha, u-v'chol naf-sh'cha, u-v'hol m'odecha. V'ha-yu had'varim ha-eyleh asher anochi m'tza-v'he ha-yom al l'va-vecha v'shi-nan-tam l'va-necha v'dibarta bam, b'shiv-t'cha b'vey-techa, u-v'lechtech va-derech, u-v'shochbecha u-v'ku-mecha. U-k'shar-tam l'ot al ya-decha, v'ha-yu l'totafot beyn eynecha. U-ch'tav-tam al m'zuzot bey-techa u-vish-arecha.

Love your God with every heartbeat,

with every breath, with every conscious act.

Keep in mind the words I command you today.

Teach them to your children,

talk about them at work; whether you are tired or you are rested.

Let them guide the work of your hands;

keep them in the forefront of your vision.

Do not leave them at the doorpost of your house, or outside your gate.

Ani Adonai Eloheichem.

I am the Lord your God.

12. Redemption - Go'el Yisrael

Baruch ata Adonai, Go'el Yisrael.

Praised are You, Lord our God, Redeemer of Israel, those who struggle.

13. Sukkot Shlomecha - Shelter of your Peace

U'fros aleinu, su-u-kat, su-u-kat shelomecha

Baruch ata Adonai, ha-poreis suk-kat shalom ah-leinu v'al kol ha-olam ku-lo.

Spread over us your shelter of peace.

Praised are you, Lord our God, who spreads a shelter of peace over us and the entire world.

14. Amidah

Adonai, sefatai tiftah, u'fi yagid tehilatechas

Eternal God, open my lips, that my mouth may declare Your glory.

Silent Prayer

15. Oseh Shalom

Oseh shalom bi-m'romav, hu ya-aseh shalom aleynu v'al kol yisrael, v'al kol yoshvei tevel.

May God who ordains harmony in the universe grant peace to us, to all Israel and to all humanity

16. Prayer for Healing

Mi shebeirach avoteinu,

M'kor hab'racha l'imoteinu

May the source of strength,

Who blessed the ones before us,

Help us find the courage to make our lives a blessing, and let us say, Amen.

Mi shebeirach imoteinu

M'kor hab'racha l'avoteinu

Bless those in need of healing with *r'fuah sh'leimah.*

The renewal of body, the renewal of spirit, And let us say, Amen

17. Aleinu

Aleinu le'shabeiah la'adon hakol, lateit gedulah,

leyotzeir bereshit,, Va'anahnu korim,,

u'mishtachavim, u'modim, , lifnei melech, malchei ham'lachim, hakadosh baruch Hu.

It is our duty to praise the Master of all, to acclaim the greatness of the One who forms all creation.

And so, we bend our knees, and bow down, and give thanks, before the Ultimate Holy One. The Lord is our God, there is no other.

Kakativ be'toratecha: "Adonai yimloch le'olam

va'ed." Ve'ne'emar: "Ve'haya Adonai le'melech al

kol ha'aretz, bayom hahu yihiyeh Adonai ehad,

u'shemo ehad."

18. Mourner's Kaddish

Yit-gadal v'yit-kadash sh'mey raba, b'alma di v'ra

hirutey, v'yam-lih mal-hutey b'ha-yey-hon u-

v'yomey-hon u-v'ha-yey d'hol beyt yisrael ba-agala u-viz-man kariv, v'imru amen.

Y'hey sh'mey raba m'varah l'alam ul-almey alma-ya.

Yit-barah v'yish-tabah v'yit-pa-ar v'yit-romam v'yit-

na-sey v'yit-hadar v'yit-aleh v'yit-halal sh'mey

d'kud-sha, B'rih hu, l'eyla min kol bir-hata v'shi-rata

tush-b'hata v'ne-hemata da-amiran b'alma, v'imru

amen.

Y'hey sh'lama raba min sh'may-ya v'ha-yim aleynu

v'al kol yisrael v'al kol ba'ei olam, v'imru amen.

Oseh shalom bi-m'romav, hu ya-aseh shalom aleynu

v'al kol yisrael, v'al kol yoshvei tevel, v'imru amen.

Magnified and sanctified be God's great name in the world which God has created according to God's will. May God establish God's kingdom soon, in our lifetime. Let us say: Amen.

May God's great name be praised to all eternity.

Hallowed and honored, extolled and exalted, adored and acclaimed be the name of the Holy One, though God is above all praises, hymns, and songs of adoration which human beings can utter.

Let us say: Amen.

May God grant abundant peace and life to us all, to Israel and to all people. Let us say: Amen.

May God who ordains harmony in the universe grant peace to us, to all Israel and to all humanity.

Let us say: Amen.

19. Ashreinu - We are Fortunate

Ashreinu mah-tov helkeinu, u'ma na'm goraleinu

We are fortunate, how good is our portion, how pleasant our lot.

Thank you to Jeff Zorn for sponsoring this Kabbalat Shabbat in loving memory of his wife Ann.

Torah - Study (Zoom)

- **ToraTeachings** - Wed, Jan 13, 3:00pm
- **Judges** - Thur, Jan 14, 11:00
- **Study in Memory of Pearl White** - Sun, Jan 31, 4:00

Avodah - Spiritual Practice (Zoom)

- **Shabbat morning**, tomorrow, 10:30am

G'millut Hasadim - Fixing the World

Please check out our new memorial page:

<https://orhamidbar.org/memorial/> - feel free to share comments and pictures with the whole community.